



OCTOBER



MONDAY

7:30-5:00 Senior Center Hall Walking
 8:00-9:00 Coffee/Social Hour
 8:00-4:30 Exercise Equipment
 8:00-5:00 Billiards
 8:00-5:00 Computer Lab
 8:15-9:15 Aerobics
 9:00-9:30 BP & Weight (1st & 3rd Monday)
 9:00-11:00 TOPS
 9:30-10:30 Tai Chi*
 9:15-10:15 Bible Club
 10:30-11:30 Wii/Cornhole
 10:30-11:15 Chair Exercise
 11:00-1:00 Red Hat Society (3rd Monday)*
 11:30 Lunch Main Site*

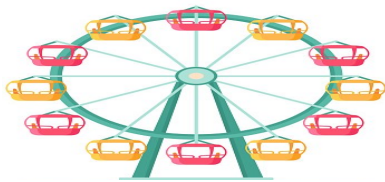
TUESDAY

7:30-5:00 Senior Center Hall Walking
 8:00-9:00 Coffee/Social Hour
 8:00-4:30 Exercise Equipment
 8:00-5:00 Billiards
 8:00-5:00 Computer Lab
 8:30-12:00 Piano 1* (On Hold)
 8:30-12:00 Arts & Crafts Class*
 8:15-9:15 Balance and Breathe
 9:00 Cards
 9:00-11:00 Recycling-Plastic Mats
 9:00-11:00 Diabetic Support Group (2nd Tuesday)
 9:30-10:00 STIX Fitness
 10:00-11:00 Book Club (1st & 3rd Tuesday)*
 10:30-11:30 BINGOsize*
 11:30 Lunch Main Site*
 12:30-4:00 Art Club
 1:00-4:00 Wood Carving
 2:00 Alzheimer's Support Group (2nd Tuesday)
 2:00 Parkinson's Support Group (2nd Tuesday)
 3:30-4:30 Wii/ Cornhole

WEDNESDAY

7:30-5:00 Senior Center Hall Walking
 8:00-9:00 Coffee/Social Hour
 8:00-4:30 Exercise Equipment
 8:00-5:00 Billiards
 8:00-5:00 Computer Lab
 8:15-9:15 Aerobics
 9:00-4:00 China Painting (1st & 3rd Wednesday)
 9:00-11:00 Learn to Knit/Crochet
 9:15-10:15 Bible Club
 9:30-10:30 Tai Chi*
 10:30-11:30 Wii/ Cornhole
 10:30-11:15 Chair Exercise
 11:30 Lunch Main Site*
 1:00-3:00 Learn to Stitch Plastic Canvas
 2:30-4:00 Camera Club (1st & 3rd Wednesday)

65th Annual Onslow County Fair



October 12th—October 16th
 Fair Opens at 4:00 PM

(*) Registration is required for all
 marked classes/activities.



THURSDAY

7:30-5:00 Senior Center Hall Walking
8:00-9:00 Coffee/Social Hour
8:00-4:30 Exercise Equipment
8:00-5:00 Billiards
8:00-5:00 Computer Lab
8:30-12:00 Piano 2* (On Hold)
8:15-9:15 Balance and Breathe
9:00 Dominoes
9:00-11:00 Senior Craft Hour (1st Thursday)
9:30-10:00 STIX Fitness
9:30-10:30 The Writing Hour
10:00-11:30 Line Dancing Club
11:30-12:30 Beginner Line Dancing
10:00-1:00 Fiber Options/Quilting
10:30-11:30 BINGOize*
11:30 Lunch Main Site*
12:00-4:00 Table Games
1:00-4:00 Crochet Club
3:30-4:30 Wii/ Cornhole
5:30 TOPS

FRIDAY

7:30-5:00 Senior Center Hall Walking
8:00-9:00 Coffee/Social Hour
8:00-4:30 Exercise Equipment
8:00-5:00 Billiards
8:00-4:30 Wii/Cornhole
8:15-9:15 Aerobics
9:30-10:30 Tai Chi*
10:00-11:30 Bingo
10:30-11:15 Chair Exercise
11:30 Lunch Main Site*
2:00-4:00 Sunshine Singers



Onslow County Senior Services
Saturday, November 13th
8:00AM—12:00PM

For more information, call 910-455-2747

Onslow County Consolidated Human Services Agency Mission Statement:

Delivering supportive, social, economic, protective, and health services that build better lives for individuals and families.

Onslow County Senior Services Vision Statement:

Onslow County Senior Services commits to serving older adults through programs designed to enhance their ability to remain independent, preserve their right to self-determination and maintain their social, emotional and physical well-being.



Medicare Open Enrollment Questions?
SHIIP can help!

**SHIIP is Senior's Health Insurance
Information Program**

Open Enrollment: October 15th—December 7th



**To make an appointment in
person or by phone, please
call 910-455-2747.**



Friends of the Aging Fundraiser
Outdoor Yard Sale

Onslow County Senior Services
Saturday, October 16th
8:00AM—12:30PM

For more information, call 910-455-2747